



## Good practices in Slovenia

When it comes to ADHD, we do not have many good practices in Slovenia, because this area is not well researched in Slovenia. The school system mostly does not have trained staff, there is no proper training of teachers and educators to work with children with ADHD. The only research conducted on ADHD was for a report on mental health in Slovenia. The data showed that about 60 thousand people have a diagnosis of ADHD. There are also not enough professionals working in this field in Slovenia, but since 2010 there are 2 centres that have very good results and to which most people are referred. When it comes to diagnosing adults with ADHD, most are referred to a psychiatrist to receive medication. There is no special educator or psychologist in the public sector who deals exclusively with adults. The Motus Centre and Larus Inventa are examples of good practice. Both are composed of different profiles of professionals trained abroad and have brought the latest methods to Slovenia.

### LARUS INVENTA

The team consists of experts in psychology, biopsychology, psychophysiology, biofeedback and neurofeedback, IT, and electrical engineering.

In addition to biofeedback/neurofeedback, the programme also includes various combinations of supportive therapies or techniques that support, accelerate and enhance the individual's progress. These are used to treat the person in a more holistic way. Depending on the individual needs and the basic psychophysiological picture, the experts decide on one or more supportive treatments.

ADHD is also treated very successfully in adults. Adults often complain of constant fatigue, inattention and "shutting down" during tasks that require them to concentrate for long periods of time. At the same time, they feel that they have a head full of obligations that they can hardly cope with. They therefore try to make themselves even more productive, which only leads to further exhaustion. Sleep problems are very common, as they find it difficult to relax and switch off from everyday worries. They have pain in different parts of the back or head, usually due to unconscious muscle contraction because they are constantly thinking about different situations and worries. This can lead to the person being more or less permanently in the stress zone. As part of their work, they also organise educational workshops about ADHD and how to treat the disorder with bio/neurofeedback and supportive therapies. The open workshops are organised internally, but



presentations in other institutions are also possible on request.

As knowledge in the field of neuroscience and psychology is constantly expanding and updating, the research and educational work is closely linked to international relations. To keep abreast of the latest discoveries, therapy techniques and equipment, they regularly participate in training workshops and seminars abroad and are involved in various research projects.

### **REHACOM**

RehaCom is a clinically supported and proven computer-based form of cognitive therapy that works very well in the treatment of ADHD. It is a cognitive therapy programme used as a tool by professionals and therapists involved in the rehabilitation of people with various cognitive disorders.

- Gymnastics Fencing Neurophysiological training and mastery of the elements of gymnastics

In today's digital world, physical activity is unfortunately disappearing more and more from the schedules of adults and children. That is why movement therapy has been added to the range of services, which works well for ADHD disorders. The neurophysiological training programme gymnastics fencing offers intensive skill training that complements very well with concentration training according to the neurofeedback method. Fencing is a sport that requires a very concentrated focus and strongly promotes fine motor skills.

### **CENTER MOTUS**

The Motus Centre is a private facility with a multidisciplinary team of professionals. They put the person (the adult) at the centre of their professional work and help them to overcome their difficulties and daily challenges.

- The ADHD support programme is aimed at adults aged 19 and over. It is a combination of group workshops and individual counselling where people with ADHD receive expert information, skills, and support to make lasting changes to their lifestyle, leading to greater well-being and health.
- Supportive therapies

The programme also includes various combinations of supportive therapies or techniques to support, accelerate and enhance the person's progress. These are used to treat the person in a more holistic way. Depending on their individual needs and



BrainFriendlyForms

underlying psychophysiological picture, they choose one or more supportive therapies. What are supportive therapies?

**Supportive therapies include the following:**

- Hypnosis
- Progressive muscle relaxation
- Autogenic training
- Mindfulness training
- Behaviour management
- Techniques to improve mental skills, learning and memory.

**Sources:**

- <http://www.adhd-slovenija.si/kako-do-nas/>
- <https://www.center-motus.si/>
- [https://www.europarl.europa.eu/doceo/document/A-6-2009-0034\\_SL.pdf](https://www.europarl.europa.eu/doceo/document/A-6-2009-0034_SL.pdf)
- Stephen P. Hinshaw and Drew Erhardt: AD/HD (Kendall: Child&Adolescent Therapy:Cognitive Behavioral Procedures



**Co-funded by  
the European Union**

*This project (project number 2021-1-PL01-KA220-ADU-000033615) has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.*